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Proprioception Exercises

Within your muscles, tendons, ligaments and joint capsules there are specific nerve receptors which provide your brain with information about how the body is positioned. These receptors are sometimes not active enough or are damaged by injury.

By stimulating or 'exercising' these nerve receptors you can improve your brains perception of position and therefore prevent injury / improve biomechanical function.

The following list is a ladder of exercises of increasing difficulty, specifically designed for the foot.

By practising at the level that you are comfortable with (daily), you can gradually move up to the next level as position perception improves.

1. Stand with feet shoulder width apart.
2. Stand with feet together.
3. Stand with one foot just off the ground.
4. Stand with one foot right off the ground (hip and knee at 90 degrees).
5. Stand with one foot right off the ground and go up on the ball of your foot.
6. Stand with one foot right off the ground and gently twist from side to side.
7. Stand with one foot right off the ground, bend over and touch your toe (with the opposite hand).

Difficulty can be added to each level by closing your eyes (be careful).

If further training is required, wobble boards can be used.

